



FRANKFORT



*Join us at Lakeview Park to kickoff
America on the Move Week!
September 19th, 9:00 AM.*

America on the Move is an annual promotion for healthy eating and active living. Our goal is to add 2000 steps to your daily activities during the week of September 20th-27th. We will be walking one mile at Lakeview Park to kickoff America on the Move Week on Saturday, September 19th. Everyone is invited so bring the whole family.



Participants will be eligible to win prizes such as...

**6 month Dual Family Membership at Frankfort YMCA,
Yoga Classes, Zumba Classes, Cycling Classes,
Personal Training and T-Shirts.**

Contact Dan Spicer with any questions at 502-875-9276 X 105 or email danspicer@frankfortymca.org